

The Emblem



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Marine Corps Logistics Base Albany, Ga.

June 24, 2004



Sgt. Maj. Stephen Martin salutes the colors, as the Color Guard marches during the Pass and Review portion of the LogCom Relief and Appointment ceremony,

LogCom retires Sgt.Maj.

Sgt.Maj. Martin retires after 30 years service

LANCE CPL. KEVIN J. RIDLON
EMBLEM STAFF

Marines, friends, family members and civilian employees gathered here Friday to take part in a Marine Corps Logistics Command Relief and Appointment ceremony. During the ceremony, Sgt. Maj. Stephen Martin, LogCom's outgoing sergeant major, relinquished his duties to Sgt. Maj. Francis Donahue.

Martin, a Peoria, Ill., native, started his career back in 1974 after graduating from recruit training at Marine Corps Recruit Depot San Diego, Calif., as a meritorious private first class. He was then

assigned with the 1st Marine Brigade in Kaneohe Bay, Hawaii. He served there as a radio operator with 1st Battalion, 3rd Marine Regiment until he reached the rank of corporal, which he also earned meritoriously.

Martin left active duty in March 1976. A year later, he returned to active duty again as a private first class, and was assigned to Marine Wing Communication Squadron 38, Marine Corps Air Station, El Toro, Calif. While there, he was again meritoriously promoted to the noncommissioned officer ranks of corporal and sergeant.

After switching his military occupational specialty, completing jump school and graduating from the Parachute Packing,

Maintenance and Airdrop Course, Martin was assigned to 1st Air Delivery Platoon, 1st Landing Support Battalion, Camp Pendleton, Calif.

In 1981, Martin attended Recruiter School. Upon graduation, he reported to Recruiting Station Detroit, Mich., where he was meritoriously promoted once again, this time to gunnery sergeant. After his recruiting tour, Martin was transferred to 3rd Landing Support Battalion, Okinawa, Japan.

Later, after he was selected for promotion to first sergeant, Martin deployed with 1st Force Reconnaissance Company to Desert Shield/Desert Storm as its Company First Sergeant. He was

See Relief — Page 3

NALMEB assets modernized

STAFF SGT. MICHAEL REED
BICMD PUBLIC AFFAIRS

BLOUNT ISLAND COMMAND Jacksonville, Fla. — Blount Island Command prepared and loaded 50 7-ton Medium Tactical Vehicle Replacements onto a ship in a combined modernization and reconstitution shipment for the Norway Air Landed Marine Expeditionary Brigade Prepositioning Program June 16.

The shipment of MTVRs is the initial installment on the replacement of the 200 M935 5-ton cargo trucks currently in the NALMEB program, replacing the 5-ton cargo truck.

In July 2001, the OSHKOSH Truck Corporation officially presented the new MTVR to the Marine Corps' Maritime Prepositioning Force, in a ceremony held aboard Blount Island. From that point on, the MTVR became part of the Marine Corps' warfighting capability.

The NALMEB program is an agreement between the U.S. and Norway for the storage and care of prepositioned military equipment and supplies. Following the Cold War in 1991, the Norwegian government and the U.S. agreed to the prepositioning of military assets within Norway as a deterrent toward possible aggression within Northern Europe.

The NALMEB program calls for 30 days of supplies, ammunition and storage of equipment in Norway. These prepositioned assets are assets not available through Wartime Host Nation Support. However, these assets are enough to support a Marine air ground task force of 13,000 servicemembers.

Although the Norway government is the on site "contractor" and provides storage, maintenance facilities, security and maintenance services, the assets are separated into three areas of responsibility for overall management.

Blount Island Command acts as the executive agent for the ground equipment within the NALMEB program. The command attains the supplies and equipment, as well as

conducts the quality assurance maintenance necessary to ensure the assets remain in a "state of readiness." The 2nd Marine Aircraft Wing is the executive agent for the aviation support equipment. Fleet Marine Force Europe manages the ammunition assets.

According to Barbara Henry, head of the Norway Prepositioning Management Office here, the MTVRs loaded onto ship are a part of the ongoing modernization of Marine Corps assets for the NALMEB program.

"This shipment also includes six M198 Howitzers and one E1210 Position Azimuth Determining System, making up the reconstitution part of the shipment," Henry said.

According to Henry, there were initially 18 M198 Howitzers staged in Norway. In June 2003, the Marine Corps withdrew those assets for use in Operation Iraqi Freedom.

The six Howitzers are the first shipment to reconstitute the 18 originally contracted for storage in the NALMEB program.

"The M198 Howitzer is the only offensive weapon the Marine Corps is allowed to stage in the NALMEB program," Henry said. "The NALMEB program has been without the Howitzers for exactly one year, and the Norwegians are very happy to be getting them back into the program."

The Marine Corps and Norway have developed a unique relationship for the storage and care of prepositioned equipment and supplies.

Along with this relationship, the Marine Corps has relied on the NALMEB program's assets for Operations Joint Endeavor in Bosnia, Iraqi Freedom (in theater), and Iraqi Freedom II.

The ability to have these assets available and accessible increases the Marine Corps' warfighting capabilities.

According to Lt. Col Paul Turner, head of the Plans & Policies Branch here, "the Marine Corps is working towards paralleling the Maritime Prepositioning Force Program and the NALMEB program, which would allow interchangeable assets mutually supporting both programs."



Touted as the "latest and greatest," 50 new MTVRs were loaded onto a ship at Blount Island June 16, as part of the Marine Corps'combined modernization of NALMEBassets.

Marine chef brings taste of Caribbean to Base Restaurant

Story and Photos by
CPL. ISAAC PACHECO
EMBLEM STAFF

Culinary expertise is not commonly thought of as a necessary Marine Corps attribute, but for one Albany Devil Dog, "bringing home the bacon" is a way of life.

Staff Sgt. Andrew A. Atkinson, enlisted aid chef, Marine Corps Logistics Command, serves as the personal chef and assistant to Major Gen. Harold Mashburn, LogCom's commanding general. Recently, Atkinson put his unique skills to work at the Base Restaurant by cooking a special Caribbean-themed Father's Day lunch.

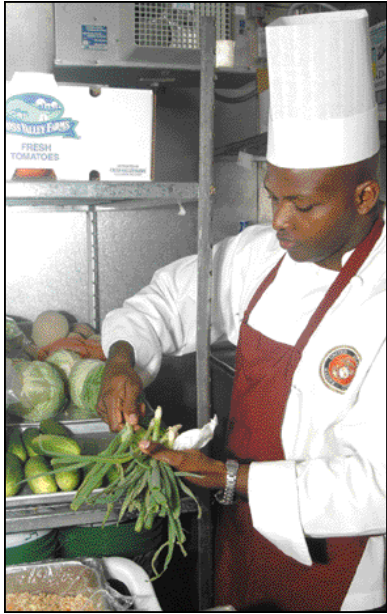
"I want to give people an opportunity to experience some of the different types of food found in the Caribbean," Atkinson said. "Everybody is used to eating ribeye chicken or hamburgers for lunch. I'm trying to throw something new in the mix."

Had lunch-goers not known about the special Father's Day menu, they might have thought they were walking into a spice market. The scent of curry, all-spice, cinnamon and cloves danced through the air as patrons jostled for a spot in the buffet line. When they finally made it to the front of the line, hungry service-members and base employees were greeted by a cornucopia of Caribbean delights, including jerk pork chops, curry chicken, coconut rice and peas, cabbage and salt cod and ripe fried plantains.

"I hope when the Marines try the meal, they'll enjoy it," Atkinson said.

And like it, they did. Besides emptying the buffet

See Caribbean — Page 6



Selecting fresh vegetables is only one of the many steps involved in creating a meal large enough to feed 400 people. Here Atkinson, grabs a handful of chives for his jerk sauce used in his curry chicken dish.

Navy Fed expands membership

EMBLEM STAFF

All Department of the Navy active, retired, reserve, civilian, and certain contractor personnel and their families are now eligible for all the benefits Navy Federal Credit Union has to offer.

Navy Federal's Field of Membership is determined by the National Credit Union Administration. If you are in any of these categories, you are eligible to join.

— **Department of the Navy**

• All DoN personnel, regardless of location or rank, including:

• Active duty Navy and Marine Corps personnel.

• All reservists, regardless of their drilling status.

• Civilian employees.
• Retired or annuitant personnel.

— **Contractors assigned to U.S. government sites afloat or ashore.**

— **Officer candidate programs, Navy Reserve Officer Training Corps, Naval Academy, Coast Guard Academy, Merchant Marine Academy.**

— **U.S. Government**

• Military and civilian personnel employed by the U.S. government assigned to, stationed or working at a Navy installation, afloat or ashore.

— **Family**

• Grandparents
• Parents
• Spouse

• Siblings
• Children (includes adopted, foster and step children)
• Grandchildren

Once your family members have joined, they can extend the membership opportunity to their family members.

The following are some of the frequently asked questions about the credit union.

Ques. — Are my foster and stepchildren eligible for membership?

Ans. — Yes, children—natural, adopted, step or foster—are eligible.

Ques. — How do I add a joint owner to my account?

See Credit Union — Page 6




CPL. ANDREW P. ROUFFS

Fleming Road Truck Gate opens

The Truck Gate access to Marine Corps Logistics Base Albany has reopened after recent renovations. Access is through the first gate off Fleming Road. The gate is for access by "big rigs" and commercial delivery traffic.

Inside...		
Policy for unused travel tickets outlined. Pg. 2	Marines retain Warrior Across the Sea Cup. Pg. 4	BICmd observes Hospital Corps'106th birthday. Pg. 5

A Few Good Words



'The right bait'

LT. CMDR. ROGER RICHARDS
COMMAND CHAPLAIN

We have a mouse in our quarters. For some reason, my wife seems reluctant to want to share our house with him. I haven't actually seen the mouse, but we can sometimes hear him moving around in the pantry or in the kitchen. He seems perfectly content to remain concealed. I haven't found anything he has eaten, but my wife still wants him either relocated or exterminated.

A few months ago, I set out a trap for him. When we had a problem with mice at the Base Chapel, the pest control expert told me to bait the traps with peanut butter. He said mice loved it. I baited my trap with peanut butter, but apparently our mouse doesn't like the smooth variety. I don't feel very inclined to buy crunchy peanut butter, just to see if the mouse likes it better.

When the peanut butter didn't work, I decided to try the old standard — cheese. Unfortunately, the only cheese I had that I was willing to give up was a cheese product that is bought in a three-pound block. The mouse must have discriminating taste, because he didn't go for this, either.

Yesterday, my wife heard the mouse again, and encouraged me to do something. I decided to try something different. We had some small chocolate bars around, so I pulled out one that the label informed me was a "special dark" chocolate. Since I don't particularly care for dark chocolate, I decided to try that one. Unfortunately, either this mouse doesn't have a sweet tooth, or else he doesn't like dark chocolate, either.

I guess the problem is that I'm not using the right bait. In order for me to catch this mouse, I need to know what would really entice him toward the trap. Then, once he takes hold of the bait, SNAP! One less mouse to worry about. It's not that I have anything against mice in general, or this one in particular, but my wife wants him out of our house. In my understanding, that means, "Kill him!"

Satan is constantly trying to lure each of us into traps that will either destroy us or do us some type of harm. He entices people to use drugs with the promise that it will be an enjoyable experience with little risk. He tempts people to many different places and activities, and uses lies and deceit to tell us that no harm will come to us.

He knows just what bait to use. He makes it look appealing. He makes promises he never intends to keep. He assures us that if we aren't better off, at least we won't be much worse off. And if we are, surely it will be worth it. What's a little trade off for pleasure, right?

Unfortunately, the reality is that if we give in to the temptation and take the bait, it will surely harm us. If it doesn't bring us physical harm, it will either hurt the relationship with someone we care about, or it will hurt our relationship with God. It will also hurt our ability to have a positive spiritual influence on others. Ultimately, it will destroy us spiritually.

The safest thing is to avoid the areas where the traps are located. That way, the bait doesn't become a temptation to us. The object is not to see how close we can get to the trap without being caught, but to avoid the trap altogether. Ask God for guidance. He will show you how to remain completely safe.

Semper Fi in the Lord, and I hope to see you in church on Sunday.

COMMAND RELIGIOUS PROGRAM
WORSHIP INFORMATION
Sunday School 9 a.m.
Divine Services 10:30 a.m.
For more information, call the Base Chapel at 639-5282. For emergencies, call the Officer of the Day at 639-5206.

Crossroads Restaurant Menu

Today
Soup of the Day
Lasagna w/meat
Spaghetti w/meat & alfredo sauce
Italian green beans
Antipasto salad
Garlic bread
Salad bar

Friday
Soup of the Day
Fried catfish
Pork chops w/gravy
Mashed potatoes
Green peas
Turnip greens
Cornbread
Salad bar

Monday
Soup of the Day
Pepper steak
Country fried steak
Mashed potatoes
Steamed rice

Broccoli
Lima beans
Rolls/biscuits/muffins
Express Lunch
Salad bar

Tuesday
Soup of the Day
Chicken vega w/rice
Sliced roast beef w/gravy
Mashed potatoes
Green bean casserole
Honey glazed carrots
Rolls/biscuits/muffins
Salad bar

Wednesday
Soup of the Day
Spaghehiti w/meat sauce
Herb baked chicken
Scalloped potatoes
Fried okra
Green peas w/mushrooms
Rolls/biscuits/muffins
Salad bar

Lunch Buffet & Lunch Buffet Takeout — \$5.95
Soup & Salad and Soup & Salad Takeout — \$3.95
(add dessert \$4.95)
Express Lunch — \$3.95

Hours of Operation — Mon. - Fri., 11 a.m. - 1 p.m.

TMO cracks down on unused tickets

CPL. DENYELLE D. D'AVETA
EMBLEM STAFF

During the Marine Corps' audit of Fiscal Year 2003, it was reported that \$100,000,000 was lost due to unused and partially used travel tickets.

Unused travel tickets are defined as tickets purchased by the government for official travel, but are not used by the traveler. This often results from a travel no longer needing travel arrangements, or the traveler's plans have been canceled.

Partially used travel tickets are unused portions of travel arrangements. For instance, if a traveler decides he/she would rather drive and not use a portion of their travel ticket. Although the traveler has changed his/her travel arrangements, the unused portion of the ticket is considered a valuable loss to the government.

Whether travelers are aware of this or not, unused travel tickets

issued by the government do have monetary value. It is important for the money to be refunded, so individual Marine Corps units and shops can receive their money back. It is considered needless waste of scarce Marine Corps resources, and a policy has been set in place to help recoup the Marine Corps' money.

One of the first things on a traveler's mind upon returning from a trip is being reimbursed for expenses incurred during travel. However, travelers are required to return all paper tickets to the Traffic Management Office. Before attempting to settle their travel claim, travelers must also notify TMO if they were issued electronic tickets but did not use them.

"It is the responsibility of all travelers to return any unused travel tickets before coming in to file a travel claim," said TMO's Linda Weaver. "You won't be allowed to file a travel claim until they have been returned."

To help with recovering unused travel tickets, Omega World Travel, the company responsible for arranging travel, has a new system to track electronic tickets that are unused or partially used. Many people may assume that if their travel plans are made electronically then the government is automatically reimbursed if travel plans are cancelled. Unused and partially unused electronic tickets are not automatically refunded to the government. The traveler must notify TMO immediately when the trip or portion of the trip will not be made, and ensure the unused portion is cancelled and processed for refund.

Although it takes approximately a month for unused travel to show up in the system, TMO still needs to be notified.

"It takes longer for the government to get reimbursed if travelers do not let us know they have unused or partially used tickets," said Janice Griffin, manager, Omega

World Travel. "We want to help everyone get their money for their budgets, so sections aren't losing their money."

If a ticket is lost, the government can also still be reimbursed. The traveler must notify TMO and process a lost ticket refund application. With enforcement of the standing policy, the approving official can make the traveler reimburse the government for the cost of the ticket if a traveler cannot provide the paper ticket for refund or does not file a lost ticket application.

"It is illegal to change transportation and be reimbursed through a claim for it without returning tickets, or notifying us so that the Marine Corps can get the money back for that unused portion," Weaver said. "Travelers need to be aware of this and the money their sections are losing because of it."

For more information about unused or partially used tickets, call Linda Weaver at 639-5823.



Exploring the underwater world through Scuba
Steve Rollins (second from left), dive master, DBI Scuba, instructs students on proper use of diving equipment at the Base Pool. Scuba lessons are going on throughout the summer.

CPL. ANDREW P. ROUFFS

Leave donations requests for employee emergencies

For more information, call 639-5228. To donate annual leave, submit an Optical Form 630-A.

- **Brad B. Sanders**, an employee of Maintenance Center Albany, needs leave donations to care for family member. Call Linda Golden at 639-6489.
- **Cindy B. Shelton**, an employee of Supply Chain Management Center, needs leave donations for recuperation from surgery. Call Diane Bradley at 639-7351 for further details.
- **Beryl W. Brown**, an employee of Fleet Support Division, needs leave donations for recuperation from an auto accident. Call Sherrie Kuck at 639-5881.
- **Robert A. Dickerson**, an employee of Maintenance Center Albany, needs leave donations due to illness. Call Thomas Newton at 639-6348.
- **Reid E. Merritt**, an employee of Maintenance Center Albany, needs leave donations to care for family member. Call Brenda Brandt at 639-6308.
- **Brenda M. Washington**, an employee of Transportation Voucher Certification Division, needs leave donations for recuperation from illness. Call Genny Goerling at 639-5674.
- **Larry W. Dowdy**, an employee of Public Works, needs leave donations for recuperation from heart attack. Call Diane McCall at 639-8064.
- **Linda K. Laney**, an employee of Maintenance Center Albany, needs leave donations for recuperation from back surgery. Call Brenda Brandt at 639-6308.
- **Warren R. Teague**, an employee of Maintenance Center Albany, needs leave donations for treatment of lung cancer. Call Brenda Brandt at 639-6308.

Community Briefs

— **SMP Barracks Bash/Pool Party** tomorrow at the Base Pool. The fun begins at 8 p.m. Free food and sides. Music will be provided. For more information, call 639-5246/6611.

— **An Officers' Hail & Farewell** will be held tomorrow in the Conference Center. Social hour starts at 5 p.m., followed by dinner at 6 p.m. Member's price is \$6.95, non-members is \$8.95, and children are half price.

For more information, call 639-5268.

— **The next session for swimming lessons** is July 6th. register by calling 639-5195. Scuba lessons are also available. For more information, call 639-5246.

— **The MCLB Tenth Annual Independence Day Celebration** will be July 2 at Covella Pond. No coolers, alcohol or pets allowed. The fun begins at 4 p.m. For more information, call 639-5268.



MCLB ALBANY SAFETY
Working Together To Be
MISHAP FREE


Semper Fit deemed ultimate health & fitness club

Camp Lejeune announces the PTCordinators 2004 Course, scheduled to be held July 12-16.


This course is designed for Marines and Sailors who are in charge of their unit's physical training program and/or body compositioning program. This four-day course is a combination of lectures with topics on exercise and fitness, as well as practical sessions each day. By the course's end, participants will be able to design a safe and effective physical training program for their unit, remedial group, or an individual.

This program has been reviewed and endorsed by the American College of Sports Medicine. This does not reflect endorsement of any sponsoring organization, certifications, or products.

Unit PT/BCPleaders will be required to bring fitness scores for those individuals under their charge, and will be asked to provide the scores from their first test following the course. To sign up, contact Tanya Ruckh, Personal Training/Workshops coordinator, by calling 910-451-0824.



The Emblem



Commander, Marine Corps Logistics Command.....Maj. Gen. Harold Mashburn Jr.
Commanding Officer, Marine Corps Logistics Base Albany.....Col. Joseph R. Wingard
Public Affairs Officer.....Capt. Steve Butler
Public Affairs Chief.....Gunnery Sgt. Marlon J. Martin
Press Chief.....Sgt. Damian J. McGee
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Relief ————— **From Page 1**
reassigned in May 1991 as Company First Sergeant of Company A, 9th Communication Battalion, Camp Pendleton, until his transfer in June 1992 to Inspector-Instructor Staff, Company C, 4th Tank Battalion, Boise, Idaho.

In August 1993, Martin was selected for promotion to sergeant major and transferred to Recruiting Station Nashville, Tenn, to serve as its Station Sergeant Major. He was there until 1996, when he was reassigned to Security Force Company, Kings Bay, Ga., for duty until July 30, 1999. Following this tour, he returned to recruiting duty as the 6th Marine Corps District Sergeant Major.

In December 2001, Martin assumed the duties of Sergeant Major for Marine Corps Logistics Base Albany. In January 2003, he stepped in as the LogCom's Sergeant Major.

"I have been in the Corps for 30 years now. I have seen and done things that most people have only dreamed of. To say that I am not sad to leave would be a lie, but I know that my life has been full of adventure and I have lived life to its fullest," Martin said.

The relief and appointment ceremony commenced shortly after the troops marched onto the parade field and "honors" were rendered to Maj. Gen. Harold Mashburn, LogCom's commanding general.

During the first part of the ceremony, the Noncommissioned Officer sword was exchanged between the two sergeants major. Giving the sword away symbolizes being relieved of all duties pertaining to that post, and receiving the sword symbolizes taking on those duties.

It doesn't seem that accepting these duties will be a problem at all for Sgt. Maj. Donahue, as he too has accomplished a lot throughout his Marine Corps career.

A Boston, Mass., native, Donahue enlisted in the Marine Corps in September 1978, graduating recruit training at Marine Corps Recruit Depot Parris Island, S.C.

His first assignment was at Communications School in Camp Geiger, N.C., followed by a tour at Headquarters and Ground Maintenance Squadron 27, Marine Corps Air Station Cherry Point, N.C.

In 1980, Donahue was sent to Marine Security Guard School, Quantico, Va. Upon graduating the school, he was assigned to work at the American Embassy in Guyana, South America.

As a sergeant in 1983, Donahue went on to attend Drill Instructor School at Parris Island. Upon

completion of D.I. School, he served with Company F, 2nd Recruit Training Battalion. During his tour there, he was meritoriously promoted to staff sergeant.

In April 1987, Donahue reported to Aviation Officer Candidate School in Pensacola for duty as a drill instructor. A short time after being there, he was meritoriously promoted to gunnery sergeant.

Following his tour at Marine Barracks, Ground Defense Force, Guantanamo Bay, Cuba, Donahue returned to Aviation Officer Candidate School in April 1992 as the chief instructor during consolidation of Aviation Officer Candidate School and Officer Candidate School.

In October 1994, after pinning on first sergeant, Donahue reported to 1st Battalion, 7th Marine Regiment, 1st Marine Division, to serve as the Company First Sergeant for Company C and Weapons Company.

Donahue was selected for sergeant major in February 1998, and reported to Marine Expeditionary Unit Service Support Group-24 in May for duty as the MSSG-24 Sergeant Major.

In September 2000, Donahue reported to Marine Corps Air Station Cherry Point, S.C. for duty as the Marine Transport Squadron One Sergeant Major. A

year later, he was transferred to 4th Assault Amphibian Battalion, Tampa, Fla., where he served as I & I Sergeant Major.

In January 2003, he deployed in support of Operation Iraqi Freedom, and was reassigned as the I Marine Expeditionary Force Headquarters Group Sergeant Major. Upon his return to the U.S. in June of that same year, he resumed his duties as I & I Sergeant Major before coming here to LogCom.

"I have been through a lot in my career in the Corps so far," Donahue said. "I have done things that will help me in completing my duties as the sergeant major of Logistics Command."

In speaking on Donahue's character, Martin said he was glad that he got time to talk to Donahue and get to know him and the way he is.

"I got to know him in the last couple of days," Martin said. "He is a very trusting person, and I have no worries about him taking over this position and picking up where I left off."

The relief and appointment ceremony was followed by Martin's retirement ceremony in which the commanding general honored him with a Legion of Merit award.

His other awards include the Meritorious Service Medal, Navy and Marine Corps Achievement Medal, Good Conduct Medal and Kuwait Liberation Medal.



The MCLB Color Guard stands at attention during the Relief and Appointment of the LogCom sergeants major.



Sgt. Maj. Martin addresses the Marines, giving them advice for the future and sharing what he learned from his 30 years in the Marine Corps.



The Marines looked sharp, as they weathered the heat during the ceremony.



Sgt. Maj. Stephen Martin gets ready to hand off the Noncommissioned Officer sword to Maj. Gen. Harold Mashburn Jr., who in turn handed the sword to Sgt. Maj. Francis Donahue, the incoming LogCom Sergeant Major.



After marching onto the field, the Albany Marine Band performed selected songs throughout the Relief and Appointment ceremony.



Carla Martin, wife of Sgt. Maj. Martin, receives a Letter of Appreciation from Maj. Gen. Mashburn for her dedication and the sacrifices she has made throughout her husband's career.



Sgt. Maj. Martin receives a Legion of Merit award from Maj. Gen. Mashburn, as Sgt. Maj. Francis Donahue looks on during the ceremony.



LANCE CPL. KEVIN J. RIDLON

King of the court

The Marine Corps Birthday Ball Committee held a three-point “shoot off” and a 3-on-3 basketball tournament June 17 at Thomason Gym to raise money for the Sergeant and Below Marine Corps Birthday Ball. A Marine, Navy and civilian team faced off in the double-elimination tourney for first place honors. The civilian team was proclaimed the winner of the event.



LANCE CPL. KEVIN J. RIDLON

Pound for pound

Personal trainers stand by to assist Aaron Powell, programmer, Marine Corps Systems Command, who attempts a lift during a recent bench press competition held at Daniel's Fitness Center. Despite Powell's lifts on the day, Edward Neal earned the pound-for-pound first place prize with a lift of 340 pounds. Lisa Knox lifted 100 pounds to claim honors as the strongest female in the competition. The next competition is scheduled to be held in September.

Marines blaze past Brits

MCB QUANTICO, VA — The All-Marine Half Marathon team delivered a crushing defeat to the British Royal Navy/Marine team to retain the Warriors Across the Sea Cup. The five man, three woman team had a combined time of 4:59:50, beating the British team by 20 minutes at the Plymouth Half Marathon held May 30 in Plymouth, England.

The All-Marine Half Marathon team won the cup in 2002, but the competition was not held in 2003 due to operational commitments. The Royal Marines have historically been tough opponents, and have won four out of the last six Warrior competitions.

Finishing first for the Marine Corps and second overall in the race was Nathan Flores of The Basic School. With a time of 1:08:29, Flores beat Mark Croasdale, the top British runner and former Olympian who had never before been beaten by a U.S. Marine.

“I didn’t think it was going to come out like this. I was just really patient. I didn’t make any surprise moves. I just kept pushing the pace (against Croasdale), and he fell off at about mile five,” Flores said after finishing the race.

The remaining male team members posted respectable times with Alexander Hetherington, a student at the Command and Staff College, finishing with a time of 1:13:32; Jeff Klemmer, stationed at Expeditionary Warfare Training Group Pacific in San Diego, finishing with a time of 1:15:08; Billy Edwards, Marine Forces Atlantic, finishing with a time of 1:16:08; and Doug Marocco, The Basic School, finishing with a time of 1:19:08.

For Marocco, a veteran of 25 All-Marine Running Teams who will retire from the Marine Corps in July 2004, this race held special significance.

“I couldn’t think of a better way to retire than to wear the scarlet and gold colors in victory one last time. It was also special to win a Masters award with my All-Marine teammates present,” Marocco said.

As well as the male team members did in the race, it was the female team members who sealed the victory when all



CAPT. JONATHAN M. O’GORMAN

Jenny Ledford, All-Marine Half Marathon team member, leads the pack in a crushing defeat over the British Royal Navy/Marine team to help retain the Warriors Across the Sea Cup. The five man, three woman team had a combined time of 4:59:50, beating the British team by 20 minutes at the Plymouth Half Marathon held May 30 in Plymouth England.

three finished ahead of the first British woman. Jenny Ledford, who is currently assigned to flight school in Pensacola, was the first U.S. Marine and third overall finisher in the race with a time of 1:22:41. Mary Kate Bailey, Marine Corps Base Quantico, who finished fourth overall with a time of 1:22:49, followed her. Faye Hutchison, Executive Officer, Recruiting Station Portland, finished with a time of 1:35 flat to beat the first British woman by more than five minutes.

Not resting on their past

victories, the runners will attend a marathon training camp in Utah in August hosted by Headquarters Marine Corps Regional Running Program Coach Ed Eyestone, a two-time Olympic marathoner, to prepare for the Marine Corps Marathon where they will face the British team again. This time, they will compete in the Challenge Cup Competition.

For more information on the RRP or the All-Marine Running Teams, contact the HQMC Semperfit office at 703-784-9542.



CAPT. JONATHAN M. O’GORMAN

Nathan Flores, All-Marine Half Marathon team member, sprints uphill to a first-place finish in the Warriors Across the Sea Cup competition.

Celebration held honoring Navy Hospital Corps' 106th birthday

STAFF SGT. MICHAEL REED
BICMD PUBLIC AFFAIRS

The Marines, Sailors and civilians employees of Blount Island Command celebrated the U.S. Navy Hospital Corps' 106th Birthday June 17 with a short observance and cake-cutting ceremony here.

During the ceremony, Maj. Jens Curtis, commanding officer, Headquarters Company, spoke about the importance and contributions of the Navy corpsmen within the command.

The traditional passing of the first piece of cake from the oldest to the youngest was conducted between John R. Beaumont, senior medical quality assurance specialist, and Petty Officer 3rd Class Mark Madole, medical quality assurance specialist.

Madole, who was born Feb. 19, 1981, represented the youngest Sailor. He enlisted into the Navy on July 13, 1999.

Beaumont, who was born Sept. 29, 1948, retired from the Navy in Oct. 1988 after 21 years of service. He enlisted in the Navy in 1967.

Prior to cutting the cake, Beaumont spoke about the actions of hospital corpsmen during World War II and the Vietnam War, citing heroic actions of corpsmen and the unique relationship between Marines and the "Doc."

According to Beaumont, "combat corpsmen still have the drive and determination to perform 'medical miracles' in times of peace and war."

Although corpsmen go back to the very beginning of the Navy, it was more than 100 years ago, on June 17, 1898, that the Hospital Corps was officially established.

In 1814, Navy regulations mention a "loblolly boy" who was to serve the surgeon and the surgeon's mate. The loblolly boy prepared for battle by filling containers with water to hold amputated limbs. In addition, his duties called for maintaining the braziers of charcoal to heat the tar used to stop the hemorrhaging from the amputations.

Keeping the deck safe for the surgeon around the operating area was a duty during battle. The deck, slippery with blood, was to be treated with buckets of sand. Although this may sound gruesome, cannon balls and cutlasses were not tidy weapons. Amputation was the standard treatment for compound fractures.

The "surgeon's steward" replaced the loblolly boy. Recognizing the need for additional trained help, surgeons selected promising young men for training in elementary medicine. More than a cleanup person, this specialist is probably the true forerunner of today's corpsmen.

When Congress established the Hospital Corps, the Secretary of the Navy appointed 25 senior "apothecaries" as pharmacists. The apothecaries were the Hospital Corps' charter members.

Throughout their history, 22 corpsmen have been awarded the Medal of Honor — America's highest decoration for heroism, many of whom were awarded posthumously.

The Hospital Corps is the Navy's only organization to receive a blanket commendation from the Secretary of the Navy. A proud heritage of heroism and patriotism is found amongst the ranks of hospital corpsmen everywhere.

Corpsmen serve aboard all Navy ships, air squadrons, hospitals, clinics, Navy Seal Teams, as well as with every U.S. Marine Corps unit. Corpsmen who serve with the Marines, armed only with a side arm for protection, have earned a special place in the realms of military history as true heroes.

The following is an excerpt of the commendation received from then-Secretary of the Navy James V. Forrestal:

"Out of every 100 men of the United States Navy and Marine Corps who were wounded in World War II, 97 were recovered.

That is a record not equaled anywhere anytime.

Every individual who was thus saved from death owes an everlasting debt to the Navy's Hospital Corps. The Navy is indebted to the corps. The entire nation is its debtor for thousands of citizens are living normal, constructive, happy and productive lives who, but for the skill and toil of the Hospital Corps, might be dead or disheartened by crippling invalidism.

So, to the 200,000 men and women of the Hospital Corps, I say on behalf of the United States Navy: "Well Done. Well done, indeed!"

Without your service, the Navy's Medical Corps could not have achieved the life-saving record and the mind-saving record its physicians and surgeons and psychiatrists achieved. That others might live, your fellow corpsmen have given their lives; 889 of them were killed or mortally wounded. Others died as heroically from disease they were trying to combat. In all, the Corps' casualty list contains 1,724 names, an honor roll of special distinction because none among them bore arms.

The hospital corpsmen saved lives on all the beaches that the Marines stormed. Corpsmen were at the forefront of every invasion, in all the actions at sea, on all carrier decks. You were on your own in submarines and the smaller ships of the fleet, performing emergency surgery at times when you had to take the fearsome responsibility of

trying to save a life by heroic means or see the patient die. Your presence at every post of danger gave immeasurable confidence to your comrades under arms. Their bravery was fortified by the knowledge that the corpsmen, the sailor of solace, were literally at their sides with the skill and means to staunch wounds, allay pain and to carry them back, if need be, to safe shelter and the ministrations of the finest medical talent in the world.

You corpsmen performed fox-hole surgery while shell fragments clipped your clothing, shattered the plasma bottles from which you poured new life into the wounded, and sniper's bullets were aimed at the brassards on your arms. On Iwo Jima, for example, the percentage of casualties among your corps was greater than the proportion of losses among the Marines. Two of your colleagues who gave their lives in that historic battle were posthumously cited for the Medal of Honor.

One of the citations reads: 'By his great personal valor in saving others at the sacrifice of his own life, (he) inspired his companions, although terrifically outnumbered, to launch a fiercely determined attack and repulse the enemy force.'

All that he had in his hands were the tools of mercy, yet he won a memorable victory at the cost of his own life.

No wonder men and women are proud to wear the emblem of the Hospital Corps! It is a badge of mercy and valor, a token of unselfish service in the highest calling — the saving of life in the service of your country.

Your corps' men and women toiled, often and dangerously, never less vitally, in areas remote from battle, in hospitals, on hospital ships, in airplanes, in laboratories and pharmacies and dispensaries. They helped, and are helping (for the task is far from over) in the salvage of men's broken bodies and minds that is the grim product and perennial aftermath of war. Some of you contributed skills in dental technology; some engaged in pest control to diminish unfamiliar diseases; others taught natives of distant islands the benefits of modern hygiene, even to midwifery and everyday sanitation.

Scores of corpsmen, made prisoners of war, used their skill and strength to retain life and hope in their fellow captives through long years of imprisonment and deprivation.

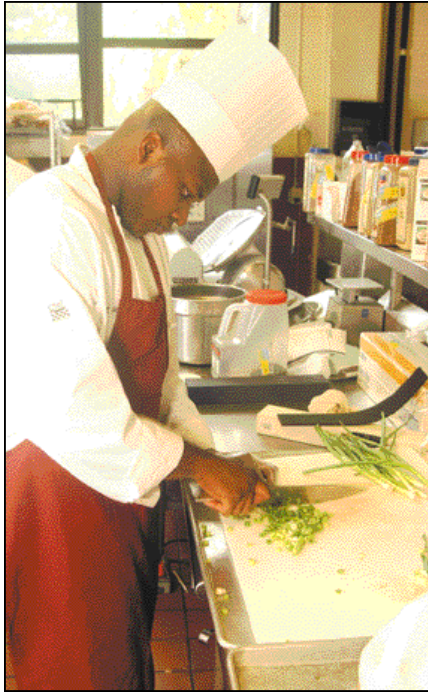
Whatever their duty, wherever they were, the men and women of the Hospital Corps served the Navy and served humanity, with exemplary courage, sagacity and effort. The performance of their duties has

See Corpsmen — Page 6



STAFF SGT. MICHAEL REED

Representing the youngest and oldest Sailors present, John R. Beaumont, senior medical quality assurance specialist, and Petty Officer 3rd Class Mark Madole, medical quality assurance specialist, share in cutting the birthday cake.



(Far left) Staff Sgt. Atkinson shows off his knife technique while chopping vegetables. (Left) Atkinson spices his signature Jamaican jerk sauce by adding a mix of vegetables and seasonings. (cinnamon, chives, onions) (Below) Atkinson adds just the right amount of allspice to his jerk sauce, as he dices several pounds of fresh chives for his pork chop dish).

Caribbean from Page 1

several times, fans of the spiced-up fare food had some comments for the chef.

"The food was stupendous," said Karen Hanovich, marketing director, Marine Corps Community Services. "Surprisingly, there wasn't anything I didn't like. I think it's great when the restaurant has different menus like this because it gives us some variety."

Marines who were used to the normal Base Restaurant lunches were equally impressed with the exotic selection.

"It was 'off the chain!' I thought all the food was really good, especially the jerk pork chops and the rice," said Cpl. Stephen Ramos, maintenance clerk, S-4. "We need more ethnically diverse meals like this one. Anything from another culture is better than regular old beef and chicken."

Atkinson, a St. Catherine, Jamaica native, immigrated to the U.S. with his family in 1988. He enlisted in the Marine Corps in 1992.

"My brother joined before me, and I kind of followed in his footsteps," Atkinson said. "I came (into the Corps) with an open contract, and the Marine Corps placed me in the food service field."

"It makes me feel really proud to see people enjoying the food I make," Atkinson confessed. "It makes all the hard work in the kitchen worthwhile."

In 1999, Atkinson moved from the messhall tables to the generals' tables when he began working as an enlisted aid in Hawaii. Atkinson has served as the personal chef, and arranged official parties and receptions, for some of the Marine Corps' most recognized leaders including former commandant Gen. James Jones.

Atkinson has also served as the personal chef for Vice Chairman of the Joint Chiefs of Staff Marine Gen. Peter Pace and Chairman of the Joint Chiefs of Staff Air Force Gen. Richard Myers.

Atkinson was recently selected for promotion to gunnery sergeant, and said he intends to continue pursuing his passion for cooking while serving in the Marines.

"I'm going to school next year to become a certified chef," Atkinson said. "I love cooking and want to continue with both careers."

Credit Union—From Page 1

Ans. — Approximately five business days after submitting your online membership application, you will receive a welcome packet in the mail. Included is a membership application for you to sign and return with your initial deposit. Joint owner(s) can be designated on this application and we will need their signatures as well.

Ques. — How many joint owners can I have on a savings account?

Ans. — You can have as many joint owners on a savings account as you would like.

Ques. — How many joint owners can I have on a checking account?

Ans. — You can have one joint owner on a checking account.

Ques. — Can I have more than one savings or checking account?

Ans. — There is no limit to the number of savings or check-

ing accounts you can establish.

Ques. — What does joint ownership with survivorship mean?

Ans. — On the death of an owner of the account, the deceased owner's shares in the account pass to the surviving owner of the account.

Ques. — What does joint ownership without survivorship mean?

Ans. — On the death of an owner of the account, the deceased owner's shares in the account pass as part of the deceased owner's estate.

Ques. — If I leave your field of membership, will I have to close my Navy Federal accounts?

Ans. — No, once you've joined, you can remain a member as long as you have active accounts.

For more information please contact the Marine Corps Logistics Base Albany NFCU branch at 435-0595.

Corpsmen —From Page 5

been "in keeping with the highest traditions of the United States Naval Service." That, to any man or woman, is the highest of praise. The corps has earned it and continues to earn it.

For, as I said, the task is not yet completed. Thousands of the war's casualties will long need the ministrations of physicians, nurses and the Hospital Corps before they can return to normal peacetime pursuits.

Hundreds may have to be cared for as long as they live; that these unfortunates are so few is due in large measure to the prompt, skillful aid accorded our wounded and stricken, by your corps...

It is no easy profession, even in peacetime. There is danger in the test tubes and culture racks as menacing as in the guns of an unvanquished enemy. The Hospital Corps is never at peace. It is forever on the firing line in the ceaseless war against disease and premature death.

Customarily, the "Well done" signal is reserved for the closing phrase of a message of congratulations, but I placed it in the forefront where, in this instance, it most fittingly belongs. I repeat it here with the postscript that in earning its "well done" the Hospital Corps is assured no other unit in the Navy did better in the degree of essential duty inspiringly performed."